



McMillenHealth
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Breathe: Healthy Steps to Living Tobacco Free

Parent Activities



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Welcome to Breathe:

Healthy Steps to Living Tobacco Free

The Breathe: Healthy Steps to Living Tobacco Free curriculum uses a comprehensive approach that involves parents, early childhood education professionals and children to address the health effects of raising children around tobacco smoke.

Key components of Breathe: Healthy Steps to Living Tobacco Free

- 15 step-by-step, age appropriate classroom lessons led by the classroom teacher and aligned with High Scope Key Developmental Indicators and the Domains and Goals of the Head Start Early Learning Outcomes Framework
- 9 interactive activities for parents aligned with the Head Start Parent and Family Engagement Outcomes
- Training for early childhood educators

Breathe: Healthy Steps to Living Tobacco Free was designed to equip parents with knowledge and skills to raise children in a tobacco free environment.

The goals of the Breathe: Healthy Steps to Living Tobacco Free program:

With increased awareness and self-efficacy, parents will reduce or eliminate personal tobacco use and advocate to raise their children in a smoke free environment which will prevent the adverse health effects associated with exposure to secondhand and thirdhand smoke. Children raised in tobacco free environments have improved school success by having better attendance because they are less likely to have ear or respiratory infections or experience severe complications from asthma which are common in children who are exposed to tobacco smoke. The healthier a child is, the greater their chance is for success in school and in life.

The Need for Tobacco Cessation Information

Quitting the use of tobacco has been identified by the Centers for Disease Control as the number one best way to improve one's health. Using tobacco not only has negative health effects for the user, but also anyone who comes into contact with their smoke (secondhand smoke) or is in an area where smoking has occurred (thirdhand smoke). It is estimated that 1 in 4 children ages 3-11 are raised in a household with at least one smoking parent. Infants and young children are particularly at risk for the dangers linked to secondhand and thirdhand smoke because their lungs and brains are still developing. Quitting smoking is one important step a parent can take to improve their own health and that of their families, but ensuring children are in smoke free cars, homes, and cared for in smoke free environments is also critical. Smoking leads to disease and disability and harms nearly every body organ. While smoking causes nearly 500,000 premature deaths annually, the thousands of chemicals in secondhand smoke kill nearly 41,000 nonsmokers each year. In addition to the impact on health and household finances, children who have smoking parents are more than twice as likely to become smokers.

Tobacco Exposure Impacts School Success

Children exposed to secondhand and thirdhand smoke are more likely to develop bronchitis, pneumonia, and asthma as well as suffer from frequent ear and respiratory infections. Because of their severity and frequency, children who are exposed to secondhand or thirdhand smoke miss more school. As a consequence, parents miss work in order to take their child to the doctor or to stay home with them while they are sick. When young children miss school, they miss out on adult support and guidance to help them master foundational skills that are essential for success in later grades. Absences in young children are associated with lower proficiency in reading and math.

Overview of Parents' Activities:

The Breathe: Healthy Steps to Living Tobacco Free Curriculum has 9 activities for parents to help increase awareness of the health effects of smoking and vaping while pregnant as well as raising children in environments where smoking may take place (home, car, relative's home, or childcare setting). Each fun and highly interactive activity is designed to do one or more of the following:

- Create awareness
- Increase knowledge
- Improve understanding
- Offer support

The use of tobacco can be a delicate subject; therefore, facilitators for these activities should maintain an environment of mutual respect where everyone is welcomed and no one feels judged or dismissed. Activities are not sequential and may be done in any order. Activities are easily adaptable to accommodate any group size (2-100 parents) and to fit the allotted time available (10-45 minutes). One noteworthy feature of this curriculum is that each parent activity is aligned with the Head Start Parent and Family Engagement Outcomes.

Smoking: It's Burning a Hole in Your Pocket

Parent Activity

Overview

Parents will examine how much money they spend on their tobacco habit and identify more satisfying ways to spend that money.

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #6 Family Connections to Peers and Community

Supplies

- 3"x3" sticky notes in various colors
- 3 poster boards or large sheets of paper
- Markers - assorted sizes and colors
- Tape
- Tobacco Spending Calculations (appendix A1)

Extensions/ Adaptations:

If it does not work with the room layout or event to hang papers on the wall, they can be laid on a table.

Before You Begin

Prepare the poster boards:

- Using a marker, write "Half Pack a Day" at the top of one poster board, "1 Pack a Day" at the top of another, and "2 Packs a Day" on the last.
- Tape the Half Pack, 1 Pack, and 2 Pack Spending Sheets (appendix) to the posters

Tape the posters next to one another on a wall at eye level. Split sticky note pads into smaller stacks. Lay the stacks around the activity table with the markers.

Steps

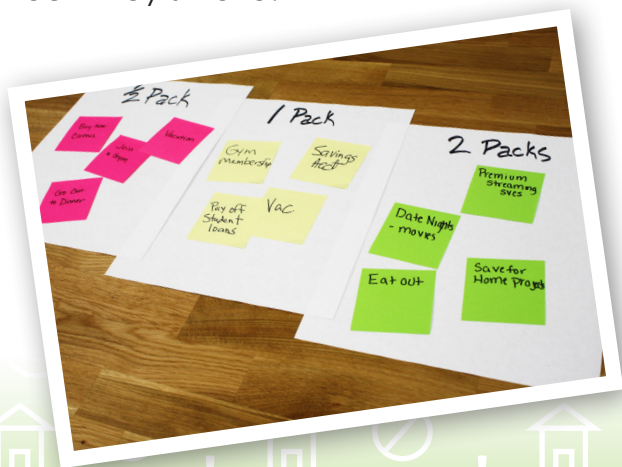
Pre-Activity Discussion: Quitting tobacco is one of the most difficult things you can do. There are many reasons to quit using tobacco, including improving your health and that of your family.

In this activity, we will examine the cost of smoking. The average pack of cigarettes in Indiana costs about \$6. What could you do with an extra \$6 a day, \$42 a week, \$180 a month, \$2,190 a year, or even \$10,950 in five years? How would that money change your life? What would you do with it? If you smoke more expensive cigarettes, or smoke a lot, you'll save even more money.

In addition to saving money from not having to buy cigarettes, you may also save money on health insurance premiums, doctor's appointments, medications, household cleaning, and other personal items.

Activity Instructions

1. Using a marker, have each parent write down one activity or item they would rather spend the money on instead of tobacco (vacation, new car, new clothes, go out to dinner, something for their child, etc). Encourage them to write as many activities or items as they want using a separate sticky note for each.
2. Have parents put their sticky notes on the poster board that most closely matches how much they smoke.



Post-Activity Discussion:

Ask: How would it feel to be able to do or to get those things?

Ask: What if you didn't have to be controlled by your addiction to tobacco? What would be different in your life?

Ask: What's keeping you from making that a reality?

Post-Activity Discussion:

If you are interested in quitting or finding out more about quitting, talk with your doctor about medications and cessation products that can help. Many insurance companies will cover them, so they may be little to no cost. Call **1-800-QUIT-NOW** to get information on how to quit, talk to a quit coach, and get support. Visit everytrycounts.gov or smokefree.gov for great tips to help you successfully quit.

Planning for a Tobacco Free Life

Parent Activity

Overview

Parents will create a staggered page booklet to identify strategies to raise their child in a smoke free environment.

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #2 Positive Parent-Child Relationships
- #6 Family Connections to Peers and Community

Supplies

Staggered booklet pages (appendix A2-A6)

Stapler & staples

Pens or pencils

Before You Begin

Make one copy of each of the staggered booklet pages per participant. Cut along the dotted line to trim each page to the correct size.



Steps

Pre-Activity Discussion: Committing to raising your child in a smoke free home is an important step in helping your child have a healthy life. There is more to consider than just not allowing smoking inside of your home. Think about all of the places your child goes and who they interact with. Do any of them smoke (a friend, neighbor, childcare provider, family member)? Is indoor smoking allowed in any of the places your child visits (a babysitter, family member, or friend's house)?

Not allowing smoking in your home and car is an important first step. To fully protect your child, you must make a plan to protect your child from all secondhand smoke they may be exposed to from other people such as your friends, family members, and childcare providers.

Activity Instructions

1. Give each parent 1 copy of each of the staggered booklet pages.
2. Have parents line up the top of each of the booklet pages with the shortest page on top, the next longest page under that, so that the longest page is in the back.
3. Have parents staple their booklets together by putting 2-3 staples along the top edge of their booklet.
4. Discuss one section (in the car, childcare, relatives, at home) of the book by reviewing the suggested steps for how to make that aspect of their life smoke free. Have parents work with partners to brainstorm and write answers to the section questions. Continue working through all sections of the booklet.

Post-Activity Discussion:

Keep this booklet handy so you can refer to it often as you work to create a smoke free life for your child.

Post-Activity Discussion:

Ask: which area (home, car, relatives, childcare) will be the most challenging to keep your child in a smoke free environment? What will make it challenging? What support will you need to be successful?



Managing Stress Healthfully: Stress Ball

Parent Activity

Overview

Parents will make a stress ball that they can use during times of stress and to share with their child to help with strengthening their hand muscles and developing fine motor skills. Stress management promotes a healthier lifestyle.

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #2 Positive Parent-Child Relationships
- #4 Families as Learners
- #6 Family Connections to Peers and Community

Extensions/ Adaptations:

Have parents make 2 stress balls - one for the adults to use as a tool to manage their stress, and one for their child to use to develop their fine motor skills.

Supplies

3 balloons per participant (same size and shape; do not use water balloons)

Empty, dry 16.9 oz water bottle - 1 per participant (made of thin plastic so it is easily crushed)

Flour - 3/4 cup per participant

Wet paper towels

Pencil (or chopstick) - 1 per every 2 participants

Funnel - 1 per every 2 participants

Newspaper (optional)

Before You Begin

Place newspapers on the table before beginning to make clean up quick and easy.

ALLERGY NOTE: If a parent or child has a latex allergy, use latex free balloons. If a parent or child has an allergy to flour, rice or sand can be used to fill the balloon instead.

Steps

Pre-Activity Discussion: Stress is the feeling we get when we feel pressure, strain, or are overwhelmed. Stress is a normal part of life. You can experience stress from your environment, body, and thoughts. Even positive life changes such as a promotion or the birth of a child causes stress.

Activity Instructions

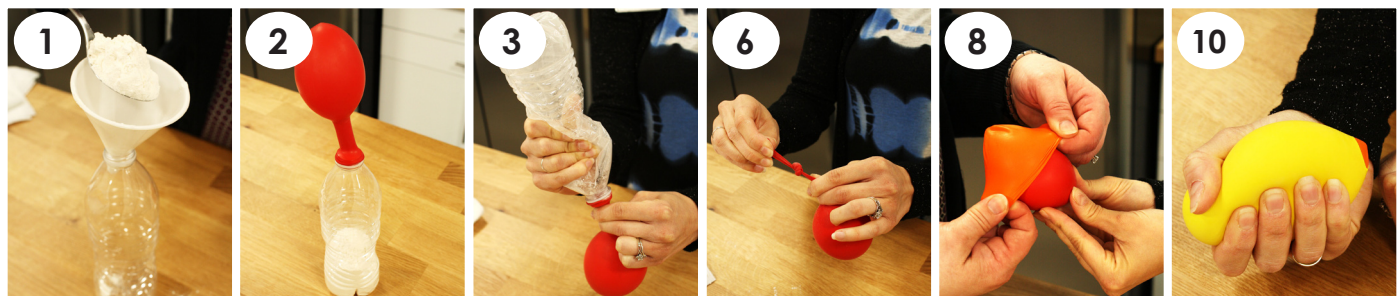
Having an extra pair of hands can be helpful, so encourage parents to work with a partner to create their stress balls.

Read the following to the parents:

1. Insert the funnel into the bottle and put 3/4 cup flour into bottle. If needed, use a pencil to press the flour down the funnel into the bottle.
2. Tip the bottle over holding the balloon around the bottle top and slowly squeeze the bottle to get the flour from the bottle into the balloon. Fill the balloon with about 2-3 inches of flour.
3. Pinch the balloon to prevent air from escaping while removing balloon from bottle.
4. Tie the balloon closed, and cut off the dangling end of the balloon tie. Caution: don't cut too close to the knot because it could come undone. Using a damp paper towel, wipe off any flour on the outside of the balloon.
5. Blow up the second balloon and let out the air to stretch the second balloon. Next, cut off the neck of the balloon.
6. Starting with the tied end of the first balloon, pull the second balloon over the first so that the first balloon is inside of the second.
7. Repeat steps 7 and 8 above with the third balloon to make the stress ball even more sturdy.

Post-Activity Discussion:

Parents can use these to keep their hands busy if they are dealing with a tobacco craving or as a way to manage their stress. Suggest that parents share their stress ball with their child. It can strengthen their hand and finger muscles, which will help develop their fine motor skills. Because the stress ball is small and portable, they can be used by parents or children while in the car, while waiting for an appointment, or waiting to be served at a restaurant.



Managing Stress Healthfully: Muscle Relaxation

Parent Activity

Overview

Parents will practice progressive muscle relaxation, an easy-to-do stress management technique that they can do anywhere and anytime.

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #2 Positive Parent-Child Relationships
- #4 Families as Learners
- #6 Family Connections to Peers and Community

Supplies

Quiet environment

Steps

Pre-Activity Discussion: Stress can keep us alert, motivated, and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors. As a result, the person becomes overworked, and stress-related tension builds.

An easy-to-use technique you can try when you have stress is called progressive muscle relaxation. Muscle tension is one of the most common physical signs of stress. Doing this exercise regularly will help you to lower your overall tension and stress levels, and help you relax when you are feeling anxious. It can also help reduce physical problems such as stomachaches and headaches, as well as improve your sleep.

Activity Instructions

1. To get started, have parents sit comfortably, close their eyes, and let all of their muscles completely relax.
2. Tell parents to take a slow, deep breath while they squeeze all of the muscles in their legs and feet. Squeeze as hard as possible without causing pain and hold for 5 seconds. Make the muscle tension deliberate, yet gentle. If anyone has problems with pulled muscles, broken bones, or any medical issues that would hinder physical activity, have them consult with a doctor before trying this.
3. Next, tell parents to breathe out as they quickly relax their tensed leg and foot muscles letting all the tightness flow out of the tensed muscles. The muscles will become loose and limp, as the tension flows out.
4. Have parents focus on and notice the difference between the tension and relaxation. This is the most important part of the whole exercise.
5. Repeat steps 2-4 three more times, focusing on a different part of the body each time.
 - Round 2: Stomach and chest
 - Round 3: Arms, shoulders, and neck
 - Round 4: Face

Post-Activity Discussion:

Ask: How do you feel? What observations do you have about how your muscles and body feel before, during, and after each part was tensed then relaxed? Do you think this is something you can try on your own when you feel stress?

Managing Stress Healthfully: Guided Imagery

Parent Activity

Overview

Parents will practice guided imagery, an easy-to-do stress management technique that they can do anywhere and anytime.

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #2 Positive Parent-Child Relationships
- #4 Families as Learners
- #6 Family Connections to Peers and Community

Supplies

Quiet environment

Steps

Pre-Activity Discussion: The more stress someone has, or the longer stress lasts, the more physical and mental problems it can cause. Stress can lead to physical symptoms such as headaches, an upset stomach, high blood pressure, chest pain, and problems sleeping. Emotional problems such as depression, panic attacks, or other forms of anxiety and worry happen in people who have too much stress.

A simple technique for dealing with stress in a healthy way is to use your imagination. By moving attention away from stress, you can create a relaxing place in your mind.

Activity Instructions

Read the following to parents:

1. Sit comfortably, close your eyes, and take a couple of deep breaths in and out.
2. Visualize yourself in a calm and relaxing setting - a place such as a nature trail, on a beach, or anywhere that makes you feel calm. Take a couple of deep breaths in and out. I will guide you by asking a couple of questions. You do not need to answer aloud, just use your imagination to create a vivid image in your mind.
3. In your mind, look around - what do you see? Look to your left and to your right. What do you notice? What colors do you see? What objects do you notice? Look down toward your feet. What are you standing on? Look up. What do you see in the sky? Is it bright and sunny or shady and cloudy?
4. In your mind, be very quiet. What do you hear? Is it quiet or loud? Do you hear a breeze, birds, or other people?
5. Take another minute or so to enjoy the calm setting - looking, hearing, seeing, and smelling what is around you.
6. After about 3-5 minutes, have parents slowly bring awareness back by wiggling their toes and fingers. Encourage parents to roll their wrists and ankles and to slowly open their eyes.

Post-Activity Discussion:

Ask: How do you feel? Where did you go in your mind? Do you feel more calm? Do you think this is something you can try on your own when you feel stress?

Get Help Quitting

Parent Activity

Overview

Parents will become familiar with a variety of community, state and national resources available to help them quit using tobacco by assembling a set of flashcards. Additionally, the flashcards can be used to help parents work with children to practice the alphabet.

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #3 Families as Lifelong Educators
- #4 Families as Learners
- #6 Family Connections to Peers and Community

Supplies

- 1" loose leaf binder rings or 5" pieces of heavy string - 1 per participant
- Scissors - 1 per participant
- Hole punch - 1 per participant
- 2 sided flashcards (appendix A7-A16) - 1 set per participant
- Health Benefits of Quitting Handout (appendix A17) - 1 per participant

Before You Begin

Print two sided flashcards (front and back) onto paper and laminate. If lamination is not available, print cards onto heavy paper. Make copies of the Health Benefits of Quitting Handout.



Steps

Pre-Activity Discussion: Quitting tobacco is the single best thing you can do to improve your health and the health of your children. Quitting can also be difficult. Getting help can make the difference. Talking with your doctor about your intentions and about medications or nicotine replacement products can be a great first step.

Signing up for text messages and using phone apps can help you throughout the day to stay on track. Using healthy coping skills to manage cravings and knowing that they are only temporary will help you be successful.

Activity Instructions

1. Give parents a copy of the Health Benefits of Quitting handout.
2. Have parents cut out each flashcard.
3. Have parents line up the hole punch with the black circle in the top left corner of each flashcard and punch a hole into each flashcard.
4. Sort cards so they are in alphabetical order.
5. Bind the cards together using a 1" binder ring or tie together with heavy string. (Note: if using string, do not tie it tightly - leave slack so that the cards can flip easily).
6. Brainstorm with parents how, when, and where they can use these cards. Some examples are:
 - Keep cards handy at all times so there is easy access to quitting support
 - When feeling a craving, turn to the "Crushing Cravings" tips on the back of the cards
 - Use the cards while waiting at an appointment and make it a short learning session with their child



Daily Dilemmas

Parent Activity

Overview

Parents will match smoking related scenarios they may encounter in their daily life with possible solutions to managing them.

Supplies

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #2 Positive Parent-Child Relationship
- #3 Family Connections to Peers and Community

Scenario Cards - 1 set per 2-3 adults

Scenario Solution Cards - 1 set per 2-3 adults

Extensions/ Adaptations:

This could be done as a speed competition with the first group to correctly match each scenario with solution wins a small prize. This could be done as a large group by reading the scenario aloud and having parents offer ideas on how to handle the situation.

Before You Begin

Make copies of the Scenario and Solution cards. Cut them on the lines. Paper clip each set together so you have enough sets for each parent group to have a set.



Steps

Pre-Activity Discussion: Deciding not to allow smoking in your home and car or around your child will protect them from secondhand and thirdhand smoke. This is one of the healthiest things you can do for them.

Secondhand smoke: is the smoke that comes off the end of a burning cigarette and is breathed out by the smoker.

Thirdhand smoke: is the toxic residue that remains on surfaces such as floors, carpets, furniture, bedding, and walls for weeks and months after an area has been smoked in.

Saying you don't want anyone to smoke in the house or car is sometimes easier said than done. Life gets busy and people can challenge your plans.

Activity Instructions

1. Put parents into groups of 2-3 and give each group a set of both Scenario and Solution cards.
2. Have parents work together with their partner to match the scenario with the best option for dealing with the scenario.
3. When all groups are finished matching their cards, discuss as a group the following questions:
 - What did each group match for scenario 1-6?
 - If there are different answers between groups, ask:
 - » "Why did you choose that answer?"
 - » Then ask the large group "What do you think about that?"
 - Ask the group as a whole:
 - » "Which of these scenarios would be the most challenging for you? Why?"

Post-Activity Discussion:

Ask: Can you think of other situations that may come up that would make it challenging to provide a smoke free environment?

Post-Activity Discussion:

Ask: What are some benefits to keeping your home and car smoke free?

- You will be a healthier role model
- It will decrease your own cigarette use
- You will lower the risk of fire in your home
- You will save time, money, and energy
- Fresher air in your home and car
- You will have a cleaner home and car

I SPY: Thirdhand Smoke

Parent Activity

Overview

Parents will analyze pictures to identify where thirdhand smoke could be found.

Head Start Parent and Family Engagement (PFE) Outcomes:

- #1 Family Well-being
- #2 Positive Parent-Child Relationships
- #3 Families as Lifelong Educators
- #4 Families as Learners
- #6 Family Connections to Peers and Community

Supplies

Thirdhand Smoke Pictures (appendix A21-A24)
(one copy per every 2 parents)

Before You Begin

Extensions/ Adaptations:

Talk to parents about how they can play I-Spy with their children to help them teach their children colors, numbers, word descriptions. Example: "I spy something blue." "I spy 2 of these." "I spy something round."

Make copies of the Thirdhand Smoke Pictures (appendix). Each pair of parents will be given 1 of the 4 pictures.



Steps

Pre-Activity Discussion: Has anyone heard of thirdhand smoke? Thirdhand smoke is the chemicals left behind on surfaces from smoking or using e-cigarettes. Thirdhand smoke contains over 250 toxic chemicals that can cause serious health problems.

Infants and small children are especially at risk for the negative health effects from thirdhand smoke because they are crawling and playing on the floor and furniture. As they crawl, walk, and play, the toxic chemicals are kicked up and breathed in.

Activity Instructions

1. Have the group watch the video: "Thirdhand Smoke" <https://bit.ly/2sWCf12>
2. Have parents get into groups of 2-3. Determine which parent in each group will go first. Give each group a different picture (the first group will be given picture 1, the second group will get picture 2, etc). Have parents determine who will start the game for their group.
3. One parent chooses an object in their thirdhand smoke picture that would be a place where thirdhand smoke can be found. The player says to their group members: "I spy with my little eye..." and they then give short descriptions of the object such as "I spy with my little eye something that is round" or "I spy with my little eye something you lay on."
4. The other group members take turns guessing objects that match the basic description given.
5. A player wins when the object is guessed correctly. Then it is the next player's turn to say "I spy with my little eye..."
6. Allow parents to play around 3-4 rounds.
7. Have each group show and describe their picture to the full group and identify the different places in the picture where they think thirdhand smoke can be found.

Post-Activity Discussion:

Ask: Have you ever considered thirdhand smoke as an issue for your family? What steps can you take to eliminate thirdhand smoke?

A Million Dollars an Hour

Parent Activity

Overview

Parents will examine how tobacco and vaping companies use advertisements to persuade specific groups of people including women and children to use their cancer causing products.

Head Start Parent and Family Engagement (PFE) Outcomes:

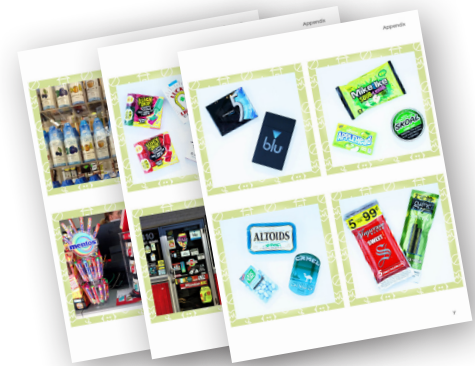
- #1 Family Well-being
- #4 Families as Learners
- #6 Family Connections to Peers and Community

Supplies

Color copies of each of the tobacco marketing pictures (appendix A25-A27)

Extensions/ Adaptations:

This activity can be expanded by having parents take note of tobacco ads that they encounter in their daily life at the gas station, in stores, etc. Parents can keep a written log of where the ad is located and describe it, or they can take a picture of it. At the next parent activity, parents can share with one another the ads they found. Ask them how they feel about these ads now that they are more consciously aware of them.



Steps

Pre-Activity Discussion: Ask the following.

- Have you ever seen a commercial on TV for pizza and thought “Yeah, I’m hungry. That sounds good!”
- Have you tried a new product, like shampoo, makeup, or food, just because you had a coupon or it was on sale?

You’re definitely not alone - all of us are influenced by product marketing. From very young ages, we learn to recognize products based on their packaging.

Examples:

- The unique bottle shape of a Coca-Cola or Gatorade
- A company’s colors (like the red and yellow of McDonald’s or the green and white of Starbucks)
- Their logo (think of the logos for Nike, Chevrolet cars, Pepsi, Campbell’s Soup, Facebook, or Target stores)

Tobacco companies spend nearly **\$1 million every hour** (\$23 million every day) promoting and advertising their products.

Activity Instructions

1. Give each parent or group a copy of the tobacco marketing pictures.
2. Ask parents to make observations about the photos. What comparisons can be made of the products? What do they notice about the locations of the marketing?

Post-Activity Discussion:

Ask each participant/pair/small group: What was one thing that really stood out to you or made you think?

Post-Activity Discussion:

How, if at all, has your opinion of tobacco companies changed given that you learned today how they are spending \$1 million an hour to get children and adults to smoke their products?

If you smoke
half a pack a day,
you spend about...

\$3.00	→	A day
\$21.00	→	A week
\$90.00	→	A month
\$1,080.00	→	A year
\$5,400.00	→	In 5 years

If you smoke
a pack a day,
you spend about...

\$6.00	→	A day
\$42.00	→	A week
\$180.00	→	A month
\$2,190.00	→	A year
\$10,950.00	→	In 5 years

If you smoke
two packs a day,
you spend about...

\$12.00	→	A day
\$84.00	→	A week
\$360.00	→	A month
\$4,380.00	→	A year
\$21,900.00	→	In 5 years



Creating a Smoke Free Life

If you have smoked in your car:

- Wash the windows by mixing 3 cups water, 1/2 cup baking soda, and 1 cup white vinegar in a spray bottle.
- Wash the floor mats and ashtrays with soap and water.
- Vacuum and use a carpet cleaner on all fabric in the car.

What other steps will you need to take to make sure your car is smoke free? _____

In the Car

- Have **non-smoking** family members and friends watch your child.
- If your childcare provider smokes, ask them to watch your child in your home. Remind them that they will need to smoke outside.
- If you must leave your child with someone who smokes, ask them to wash their hands and face, and change their clothes before holding your child.

What do you think will be the hardest part of having smoke free childcare? _____

What steps will you take to protect your child from smoke while they are being cared for by others? _____

Childcare

- Talk with your family about your plan to raise your child in a smoke free home. Explain why you want to do this.
- Help them quit if they are ready. Let them know why you want them to quit and offer to support them.

Quitting is a personal decision and your relatives may not be ready to quit. If this happens, respect their decision and talk about other ways to keep your child healthy.

- If they smoke in their home, have them come visit at your home instead.
- Ask them to wash their hands and face and change clothes before holding your child.
- Ask them not to smoke around your child, or in your home.

Who will you need to talk to? _____

What will you say? _____

What will be the hardest part? _____

Relatives

Smoke can travel all around a house so just smoking in one room, opening a window, turning on a fan, or using an air freshener isn't enough. All smoking must be done outside, away from doors and open windows.

- Post a "No Smoking" sign on the door to let everyone know that you do not allow smoking inside your home.
- If you have visitors who smoke, let them know they can only smoke outside.
- Remove all smoking related items (matches, lighters, ashtrays, cigarettes).
- Multi-unit housing: Smoke can travel under doors, through hallways and leak into homes through cracks, outlets, and the vents. If you have a neighbor who smokes, try talking to them about smoking only outdoors. If you do not feel comfortable talking to them or if they refuse, talk to your landlord about moving to a smoke free building.

If there has been smoking in your home

- Wash all bedding and clothing.
- Give your house a deep cleaning.
 - » Use a de-greasing dish soap and water to scrub down all of the walls and surfaces (tables, dressers, shelves, blinds, windows).
 - » Vacuum the carpets.
 - » Mop the floors.
 - » If possible, use a deep steam carpet cleaner on all fabrics (carpet, furniture, pillows, rugs).

What will be the hardest part of making your home smoke free? _____

What will you do to overcome that? _____

What other steps can you take to make sure your home is smoke free? _____

At Home

FREE Internet Quit Resource

Smokefree.gov

The graphic features a light green background with a repeating pattern of white icons: a heart with an ECG line, a pair of lungs, a house, a cigarette with smoke, a baby's face, and a prohibition sign. A black circle is in the top-left corner.

FREE Internet Quit Resource

Everytrycounts.gov

The graphic features a light green background with a repeating pattern of white icons: a heart with an ECG line, a pair of lungs, a house, a cigarette with smoke, a baby's face, and a prohibition sign. A black circle is in the top-left corner.

FREE Internet Quit Resource

Betobaccofree.gov

The graphic features a light green background with a repeating pattern of white icons: a heart with an ECG line, a pair of lungs, a house, a cigarette with smoke, a baby's face, and a prohibition sign. A black circle is in the top-left corner.

FREE Internet Quit Resource

QuitNowIndiana.com

The graphic features a light green background with a repeating pattern of white icons: a heart with an ECG line, a pair of lungs, a house, a cigarette with smoke, a baby's face, and a prohibition sign. A black circle is in the top-left corner.

FREE Internet Info Resource

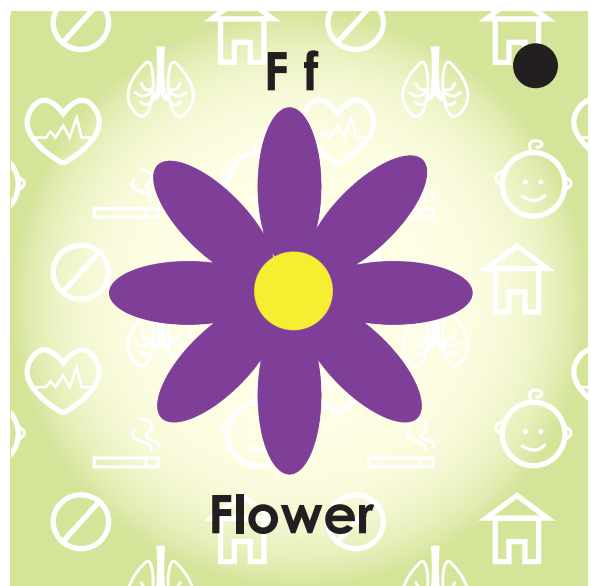
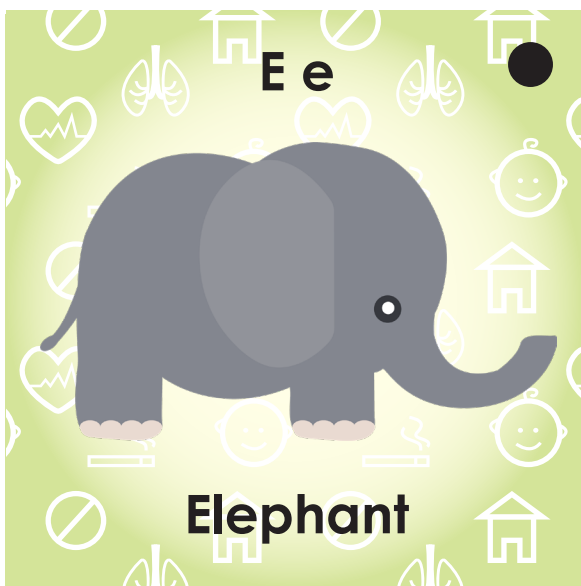
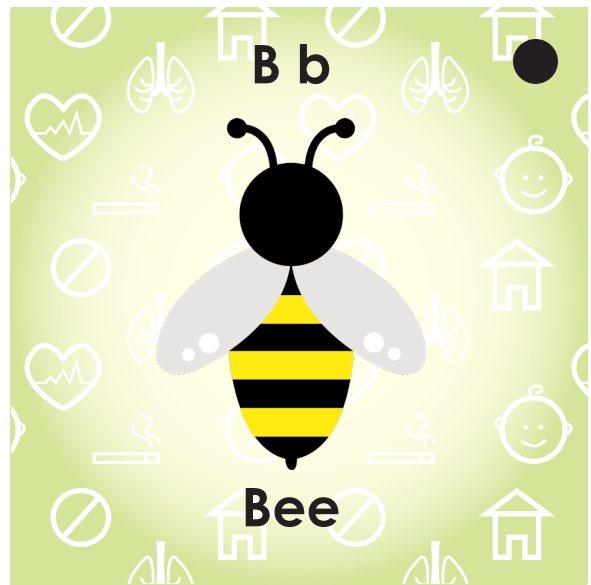
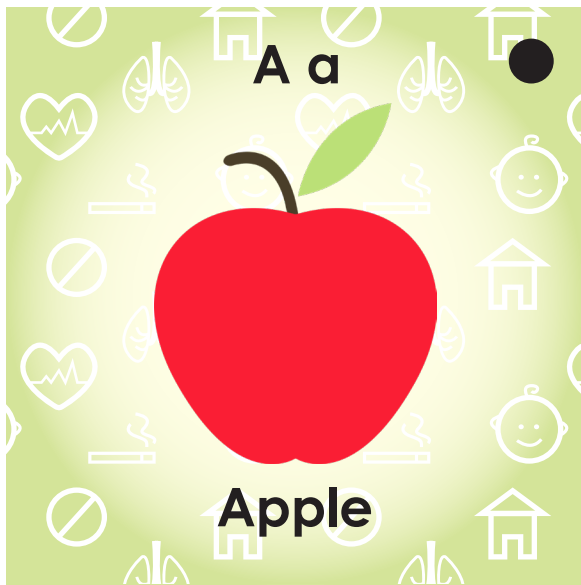
American Lung Association
lung.org/stop-smoking

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FREE Internet Info Resource

Smokefree.gov

This card features a green background with a repeating pattern of white icons: a heart with an ECG line, a pair of lungs, a house, a cigarette with smoke, a smiley face, and a prohibition sign. A black circle is in the top-left corner.



FREE Phone App

quitSTART

This card features a green background with a repeating pattern of white icons: a heart with an ECG line, a pair of lungs, a house, a cigarette with smoke, a smiley face, and a prohibition sign. A black circle is in the top-left corner.



FREE Internet Info Resource

Everytrycounts.gov

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FREE Phone App

quitSTART

This card features a green background with a repeating pattern of white icons: a heart with an ECG line, a pair of lungs, a house, a cigarette with smoke, a smiley face, and a prohibition sign. A black circle is in the top-left corner.



FREE Phone App

QuitGuide

This card features a green background with a repeating pattern of white icons: a heart with an ECG line, a pair of lungs, a house, a cigarette with smoke, a smiley face, and a prohibition sign. A black circle is in the top-left corner.



FREE Phone Support

1-800-Quit-Now
(1-800-784-8669)

This card features a green background with a repeating pattern of white icons: a heart with an ECG line, a pair of lungs, a house, a cigarette with smoke, a smiley face, and a prohibition sign. A black circle is in the top-left corner.



● FREE Phone Support

1-800-Quit-Now
(1-800-784-8669)

● FREE Text Message Support

smokefree.gov/
smokefreetxt

● People

Doctor

● People

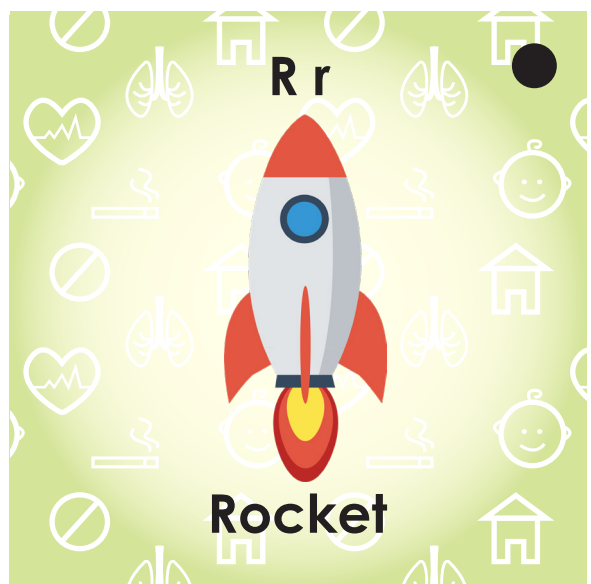
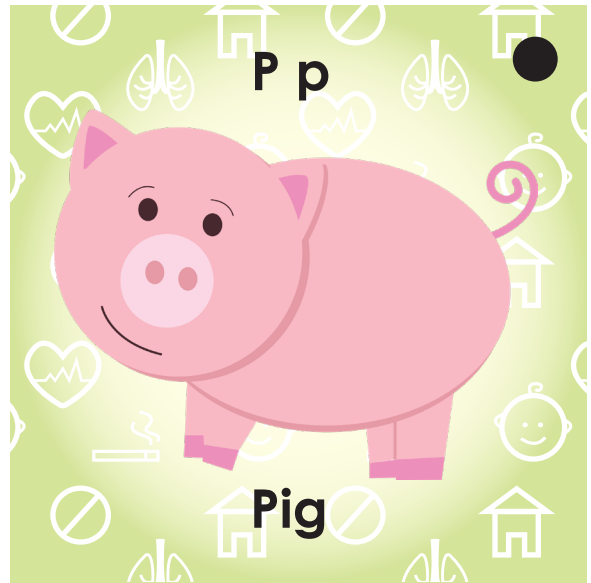
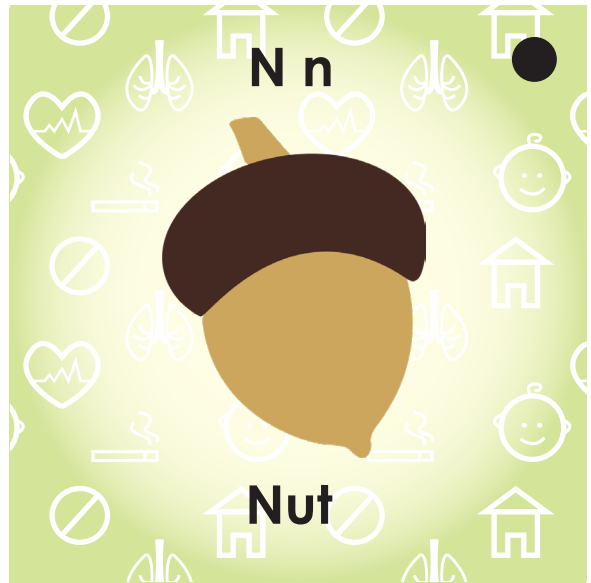
Pharmacist

● People

Counselor/Therapist

● Crushing Cravings

Go for a walk or take
an exercise class.



● Crushing Cravings

Warm up your hands by holding something warm or running them under warm water.

● Crushing Cravings

Take deep breaths or listen to calm music.

● Crushing Cravings

Stress less - learn to relax.

● Crushing Cravings

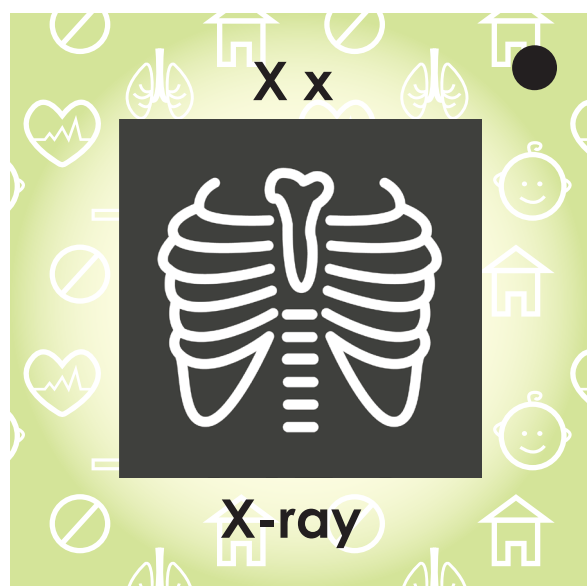
Call a supportive friend.

● Crushing Cravings

Distract yourself by finding something to take your mind off of it.

● Crushing Cravings

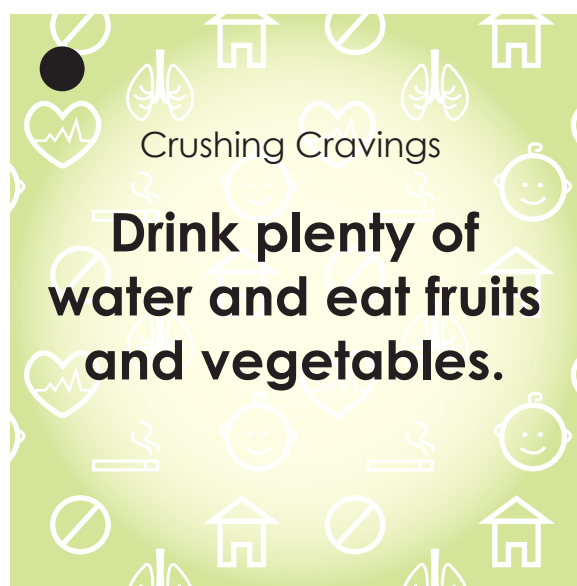
Remind yourself why you want to quit.





Crushing Cravings

Avoid people, places, and activities that make you want to smoke.

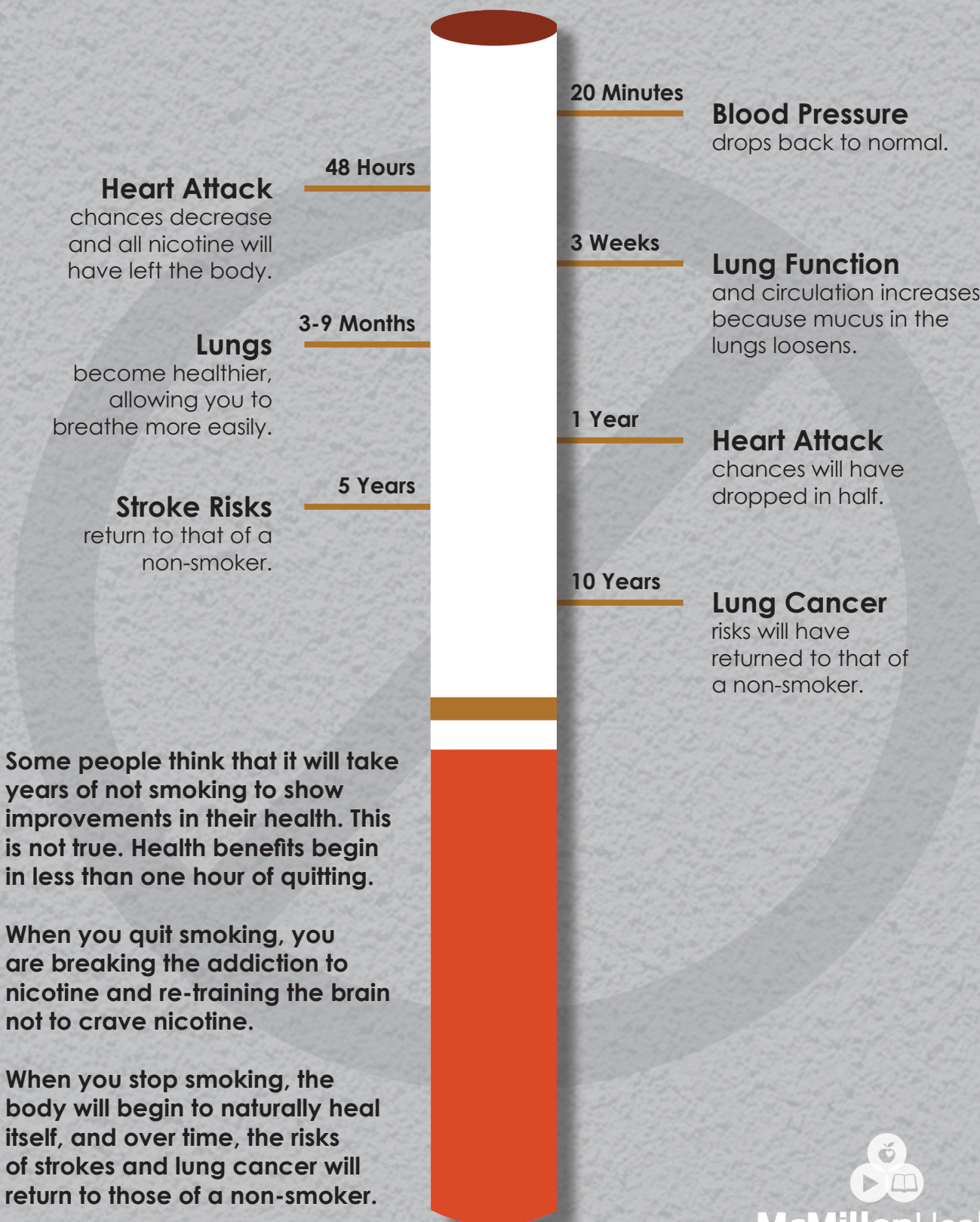


Crushing Cravings

Drink plenty of water and eat fruits and vegetables.



Health Benefits After Quitting



Some people think that it will take years of not smoking to show improvements in their health. This is not true. Health benefits begin in less than one hour of quitting.

When you quit smoking, you are breaking the addiction to nicotine and re-training the brain not to crave nicotine.

When you stop smoking, the body will begin to naturally heal itself, and over time, the risks of strokes and lung cancer will return to those of a non-smoker.



McMillenHealth
EDUCATION • CURRICULUM • MEDIA

Scenario 1:

You have young children who need to be watched. It's important not to leave small children alone when you go outside to smoke. What could you do if you need to go outside to smoke?

Scenario 2:

Your child becomes sick. You're extremely busy caring for them. You feel stressed and tired and aren't able to take him outside so you can smoke. What could you do?

Scenario 3:

Guests arrive early to stay for the weekend and they smoke. You may feel uncomfortable telling friends or family not to smoke in the house. What could you do?

Scenario 4:

An adult family member insists on smoking indoors. After repeated discussions, you are not able to convince them otherwise. What could you do?

Scenario 5:

You drive to work and drop off your children at childcare. You cannot smoke during your shift. You're having trouble not smoking in the car, especially at the end of the day. What could you do?

Solution 1:

- A.** Make arrangements with a neighbor to watch your kids.
- B.** Cut down the number of cigarettes you smoke and how often you smoke.
- C.** Use nicotine replacement products such as patches or gum to reduce cravings.
- D.** Distract yourself by cleaning or playing with your children.

Solution 2:

- A.** Remind yourself why you made your home smoke free.
- B.** Use nicotine replacement products such as patches or gum to reduce cravings.
- C.** Find healthier ways to handle stress, such as reading, doing yoga, or taking a walk.
- D.** Talk to a friend to get support.

Solution 3:

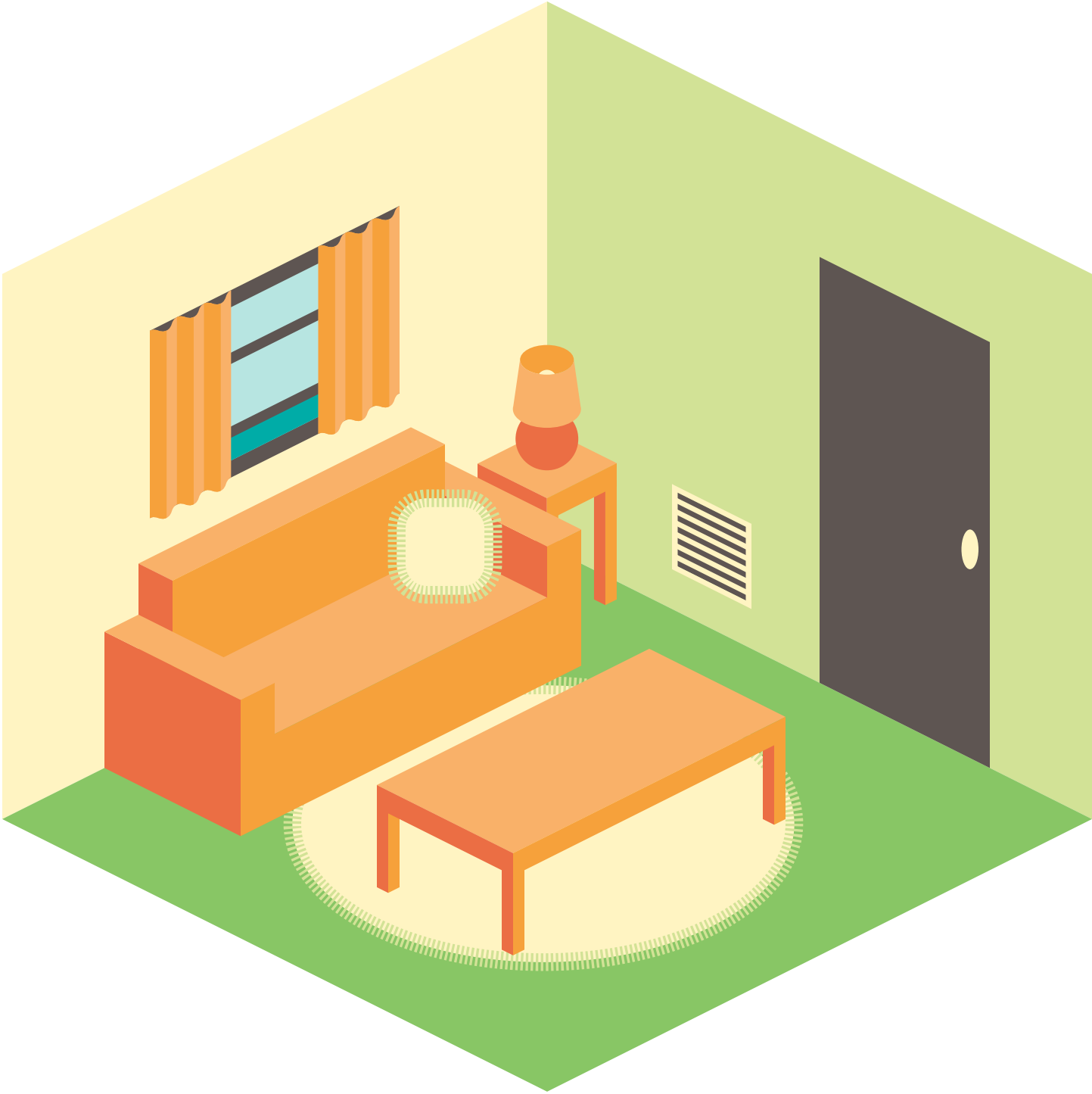
- A.** Let visitors know ahead of time that your house is smoke free.
- B.** Hang a "No Smoking" sign on the front door.
- C.** Tell smoking visitors they can smoke outside, away from the house.
- D.** Share your reasons why you want your home and car to be smoke free.

Solution 4:

- A.** Have an open and honest discussion about the issue.
- B.** Try to get the support of other family members or friends to help you.
- C.** Reassure those who smoke that their family is there to help and that they aren't being judged.
- D.** Remind family of the top 5 reasons for having a smoke free home.

Solution 5:

- A.** If you can't quit, leave home early to have a cigarette before going into work.
- B.** After work, smoke outside before getting in the car.
- C.** Use nicotine replacement products such as patches or gum to reduce cravings.
- D.** Have hard candy available to suck on.
- E.** Take 20 deep breaths.

















McMillenHealth

EDUCATION • CURRICULUM • MEDIA

The Breathe: Healthy Steps to Living Tobacco Free curriculum uses a comprehensive approach that involves parents, early childhood education professionals, and children to address the health effects of raising children around tobacco smoke.

Key components of Breathe: Healthy Steps to Living Tobacco Free

- 15 step-by-step age appropriate classroom lessons led by the classroom teacher and aligned with High Scope Key Developmental Indicators and the Domains and Goals of the Head Start Early Learning Outcomes Framework.
- 9 interactive activities for parents aligned with the Head Start Parent and Family Engagement Outcomes.
- Training for early childhood educators.

Breathe: Healthy Steps to Living Tobacco Free was designed to equip parents with the knowledge and skills to raise children in a tobacco free environment.

www.mcmillenhealth.org

